

ABSTRACT OF THE DISCLOSURE

There is provided an oil or fat composition composed
5 chiefly of triglycerides wherein the amount of medium-chain
fatty acids in all the fatty acids composing the oil or fat
composition is 5 to 23 % by mass and the amount of
triglycerides having two medium-chain fatty acid residues
in the molecule in all the triglycerides is 1 to 20 % by
10 mass.

The oil or fat composition is low in body fat
accumulation, has equal cooking properties with
conventional edible oils and has good flavor and high
safety.

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